

FIG. 1

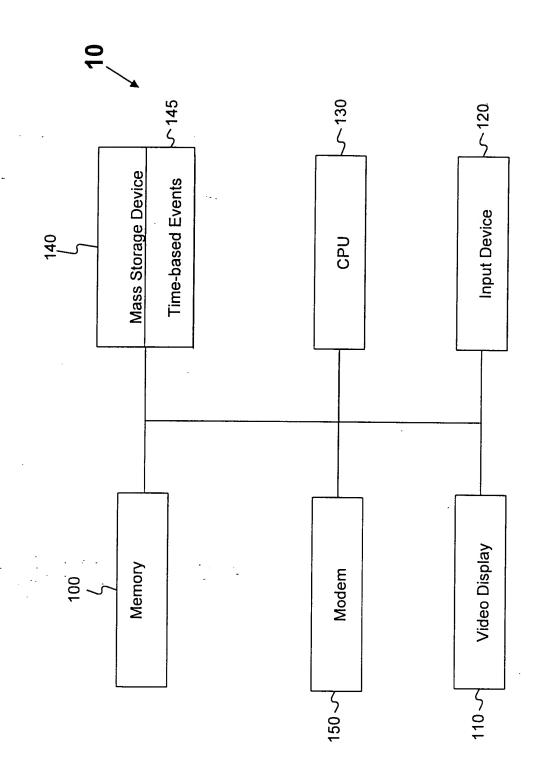


FIG. 2

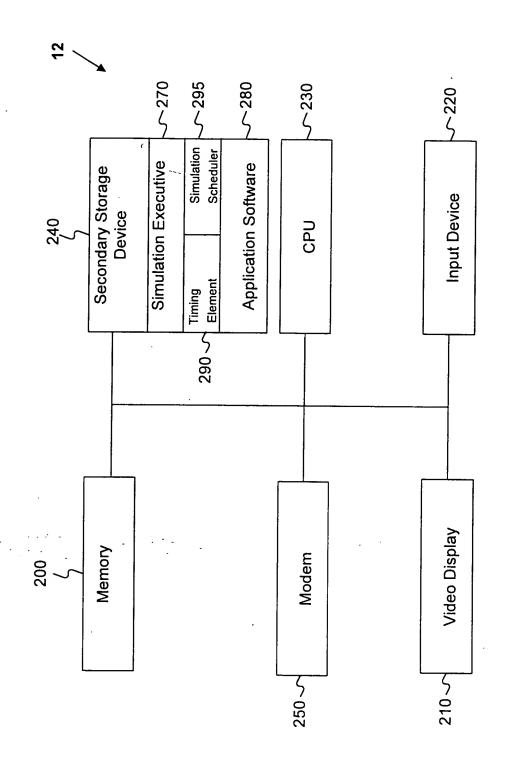


FIG. 3

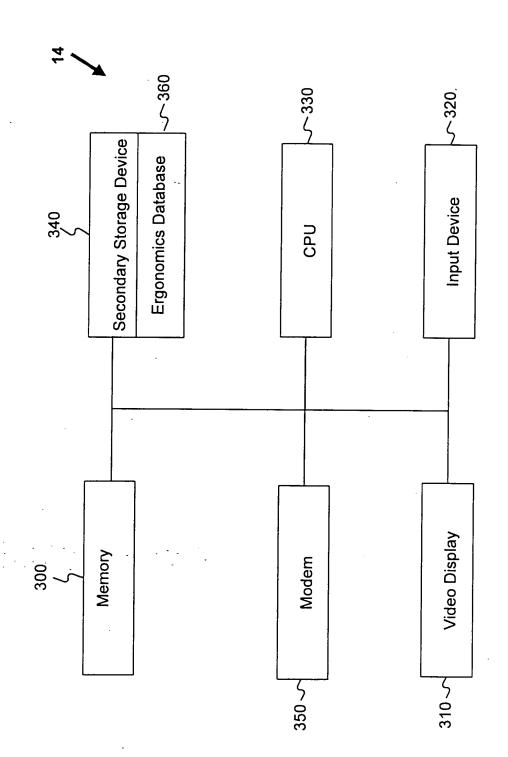


FIG. 4

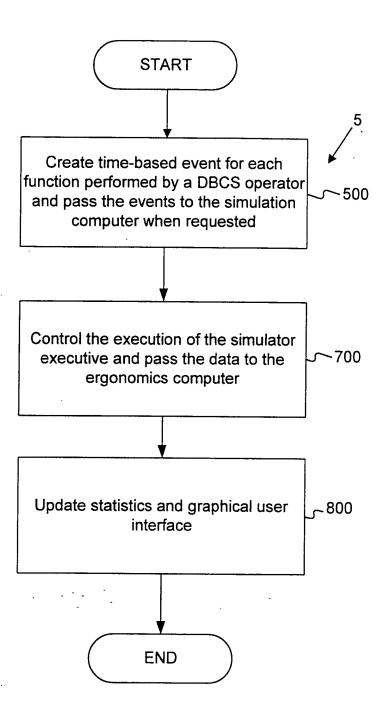


Fig. 5

EAI Jack Task Anthology Five-Hour Shift Report - Metabolic Energy Expenditure

USPS DBCS SWEEPER Job #3287

Parameters Level 2 Tray Lift Female, 5'0", 125 lbs Duration = 302.89 min Work time <= 8 hr Units = inches, kilograms

Arm Work = 30% Body Work = 70% Standing = 93%, Bent = 7%

Task Descriptions

600 610 620 630

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-	Task#	keal	Description	Frequency	Category	Detail	High Pos (m)	Low Pos (m)	Load (kg)	Time (min)	Force (kg)	Walk-speed(m/s)	Distance (m)	Slope(%)
L	10	2.217	walk	158	walks	inclined	-	-	-	0.00425	-	-	13.78	0
L	20	6.173	raise arms	160	lifts	stoop	28.65	62.5	0	-	-	-	-	-
	30	5.296	reach to drawer	160	arm work - lateral	90 deg. standing	-	-	0	-	•	-	-	-
	40	5.296	grasp drawer	160	arm work - lateral	90 deg. stænding	-	-	0	-	•	-	-	-
L	50	5.296	pull drawer out		arm work - lateral	90 deg. standing	-	-	0	-	-	-	-	-
	60	5.296	release drawer	160	arm work - lateral	90 deg. stænding	-	-	0	-	•	-	-	
L	70	10.000	reach to DBCS	160	arm work - lateral	180 deg. both hands	-	-	0	-	•	-	-	-
L	80	5.296	græp letters	160	arm work - lateral	90 deg. stænding	-	-	0	-		-	-	-
L	90	7.314	lift letters	160	arm work - lateral	90 deg. standing	-	-	2	-	•	-	-	-
	100	4.800	move letters to 1226 F rack	160	arm work - general	light - both arms	-	-	-	0.25	•	-	-	-
	110	5.296	place letters in letter tray	160	arm work - lateral	90 deg. stænding	-	-	0	-	-	-	•	-
	120	5.317	stand straight	160	lowers	stoop	28.65	50.0	0	•	•	-	-	-
	130	0.358	raise arms	17	lifts	stoop	27.72	33.29	0	-	-	-	-	-
L	140	0.563	grasp tray	17	arm work - lateral	90 deg. standing	-	-	0	-	-	-	-	-
	150	0.000	pull tray out	17	pushes/pulls	bench height (31.5 in)	-	-	-	-	22	-	16.87	-
	160	3.420	lift tray	17	lifts	semi-squat	29.38	51.51	11.34	-	-	-	-	-
L	170	2.465	place tray	17	arm work - lateral	180 deg. both hands	-	-	11.34	-	•	-	-	-
L	180	0.000	push tray in	17	pushes/pulls	chin height (59 in)	-	-	-	-	22	-	14.49	
L	190	0.000	release tray	17	arm work - lateral	180 deg. standing	-	-	0	-	-	-	-	-
L	200	0.795	stand straight	17	lo wers	stoop	27.85	59.29	0	-	•	-	-	-
_	210	0.147	raise arms	7	lifts	stoop	27.72	33.29	0	-	-	-	-	-
Ъ	220	0.232	grasp tray	7	arm work - lateral	90 deg. standing	-	-	0	-	-	•	-	-
—		0.000	pull tray out	7	pushes/pulls	bench height (31 5 in)	- "	•	•	-	22	-	16.87	-
L	240	1.408	lift tray	7	lifts	semi-squat	29.38	51.51	11.34	-	-	-	-	-
	250	1.015	place tray	7	arm work - lateral	180 deg. both hands	-	-	11.34	-	-		-	-
\vdash		0.000	push tray in	7	pushes/pulls	chin height (59 in)	-	-	-	-	22	-	14.49	
\vdash		0.000	release tray	7	arm work - lateral	180 deg. standing	-	-	0	-	- 1	-	-	-
L		0.327	stand straight	7	lo wers	stoop	27.85	59.29	0	-	-	-	-	-
-		6.828	raise arms	177	lifts	stoop	28.65	62.5	0	-	-	-	-	-
\vdash	-		reach to drawer	177	arm work - lateral	90 deg. standing	-	-	0	-	- 1	-	-	-
-		5.859	græsp drawer	177	arm work - lateral	90 deg. standing	-	•	0	-	-	-		- 1
\vdash		5.859	pull drawer out	177	arm work - lateral	90 deg. stænding	-	-	0	-	-	-	-	\neg
L	330	5.859	release drawer	177	arm work - lateral	90 deg. standing	-	-	0	-		-	-	-

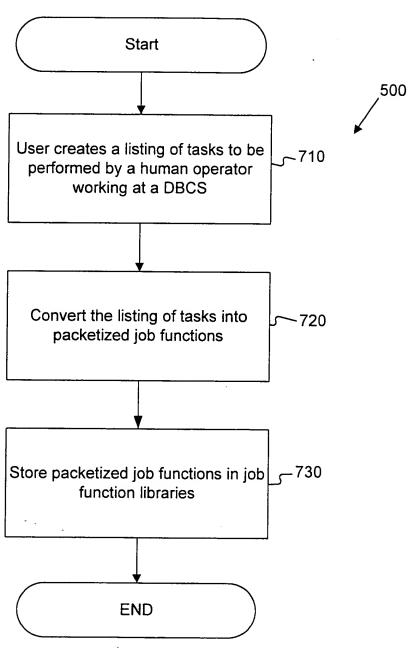


Fig. 7

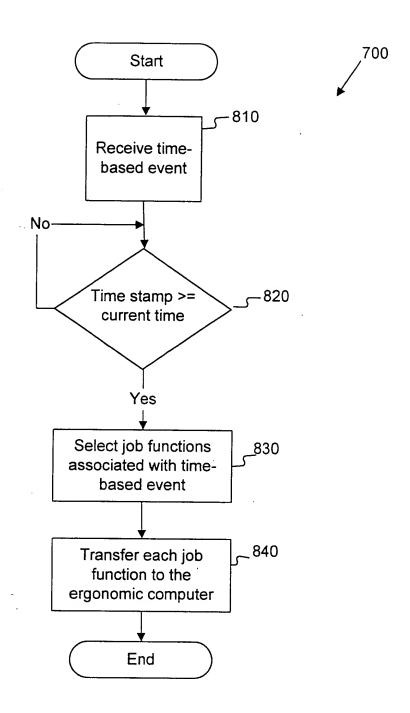


Fig. 8

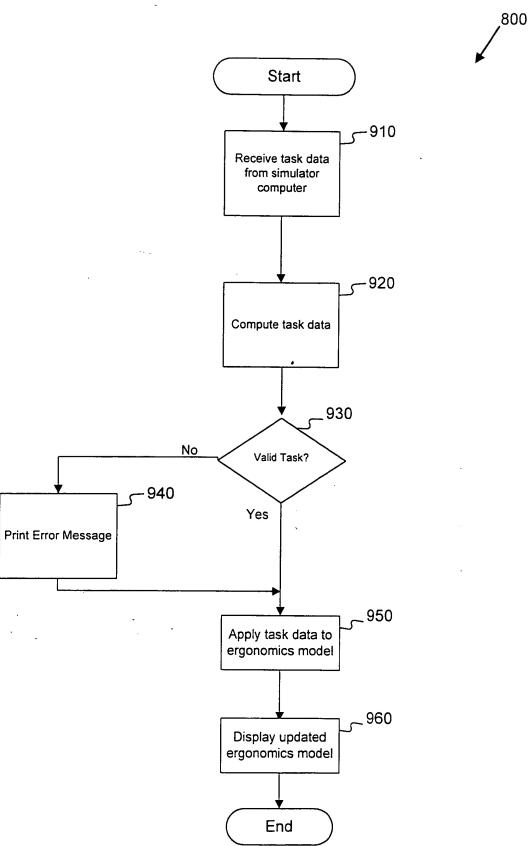


Fig. 9